



# CHANNEL YOUR SPIRIT GUIDES

*Workbook*

*with* REBECCA CAMPBELL



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*Workbook*

Do the CHANNEL YOUR SPIRIT GUIDES MEDITATION and then fill out the following worksheet. Remember you can still receive messages and guidance as you fill out this worksheet intuitively.

What was your request for guidance?

How did your guide appear to you? Remember it can be a feeling, colour, ancestor, animal, light being etc.

Describe the energy of this guide.

Did you receive a name to call them? If so, what was it? If you didn't, what name feels good to give this guide now?

What is this guide here to support you with? What is the purpose of your connection with them?

What message did/does your guide have for you?

What symbol best encapsulates the energy of this guide? Describe or draw it below.

What gift did your guide give you? Describe or draw it below.



Tuning into the energy now, ask the guide to give you a message now. Let your pen move across the page by answering the following question... My guide wants me to know that...

